

# Setting Limits, Avoiding Power Struggles and Brain Science

Wednesday, November 11th | 7-8:30pm  
Google Meet



Presenter: Erin Walsh, M.A.

It isn't easy to figure out how to set limits with our kids. This workshop explores why they are critical to children's healthy development and identify practical strategies for setting boundaries in ways that help kids manage big feelings, build self control, and understand their impact on others. Using stories, warmth, and humor, our guest speakers will facilitate a session where everyone leaves with more practical tools in their parenting toolkit.

We will also be addressing how recent discoveries in brain science are revolutionizing many fields, including education. Helping to connect the dots between brain science and the classroom to show how educators can improve students' concentration, boost their energy, and enhance retention and creativity. With a focus on stress and the brain, executive functioning, focus and attention, and digital technology and the learning brain.

REGISTER: <https://metroecs.u.wisc.edu/myquickreg.com/register/event/event.cfm?eventid=16234>  
The event is free but please register ahead of time to help ensure a spot.



Erin is a parent, speaker, educator, and writer. She has worked with communities across the country who want to better understand child and adolescent development and cut through conflicting information about kids and technology. She is fiercely committed to bringing an equity lens and asset-based approach to our understanding of, and response to, youth and media. Erin has enjoyed bringing science and tips to families and educators alongside her father Dr. David Walsh for nearly 20 years. They started together at the National Institute on Media and the Family and then more recently founded Mind Positive Parenting before creating **Spark & Stitch Institute** in 2019. She co-authored the 10th Anniversary Edition of the national bestseller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*.

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